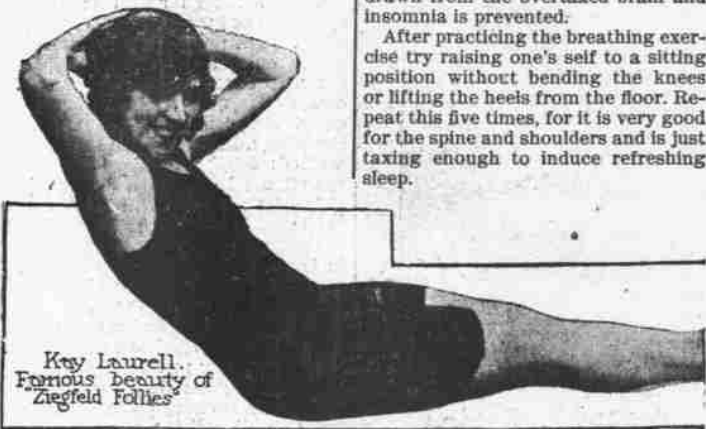


## FOR INSOMNIA — AMERICA'S 1915 BEAUTY ILLUSTRATES DEEP BREATHING

Sleep makes Milady beautiful, but often it is necessary to take proper exercise in order to gain sound, restful sleep and health and grace.

A combined stretching and deep breathing exercise pose that will produce sleep is shown in the accompanying illustration.



Katy Laurell.  
Famous beauty of  
Ziegfeld Follies

Here are the directions for the exercise:

First lie flat on the back and then lock the hands together at the back of the neck. The position of the hands and body renders the exterior walls immovable and thus the breathing is confined to the diaphragm. In this way blood is withdrawn from the overtaxed brain and insomnia is prevented.

After practicing the breathing exercise try raising one's self to a sitting position without bending the knees or lifting the heels from the floor. Repeat this five times, for it is very good for the spine and shoulders and is just taxing enough to induce refreshing sleep.

### MILADY'S MILLINERY

The turban of quilted velvet softly draped about the head rather than shaped on a frame is one of the smart modes of the season. Crepes, satins and silk are also used to make the picturesque little draped hat that looks so much like the artist-cap of the Latin quarter.

The Puritan hat, high crowned and almost brimless is one of the modish top-pieces many a modern Priscilla will wear this fall. The crown is made of hatters' plush and the brim is faced with satin.

A winter substitute for the cretonne which has faded from favor with the summer time, is velvet in

striped colors or in blocks of black and white, or black and pink.

### OYSTER COCKTAIL

Put oysters that have been thoroughly looked over and chilled into tall glasses and cover with the following sauce: Mix two teaspoons of grated horse radish, one teaspoon of vinegar, four teaspoons of catsup, four teaspoons of lemon juice, six drops of onion juice and four drops of tabasco sauce. Have ice cold and turn over the oysters. Serve at once.

If the kiddies are broken out with heat use common rye flour in place of talcum powder.